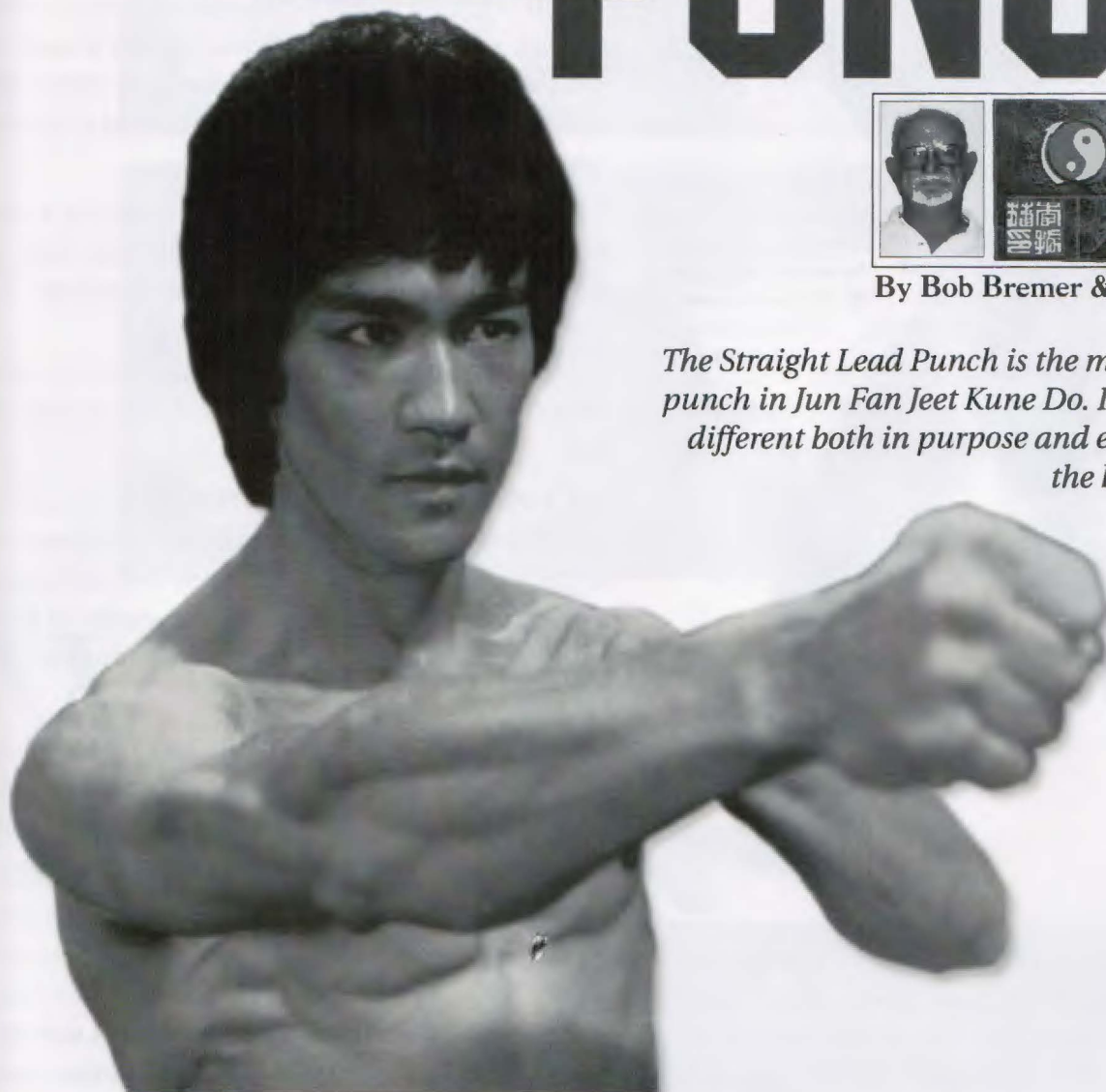


Training

Straight

THE LEAD PUNCH

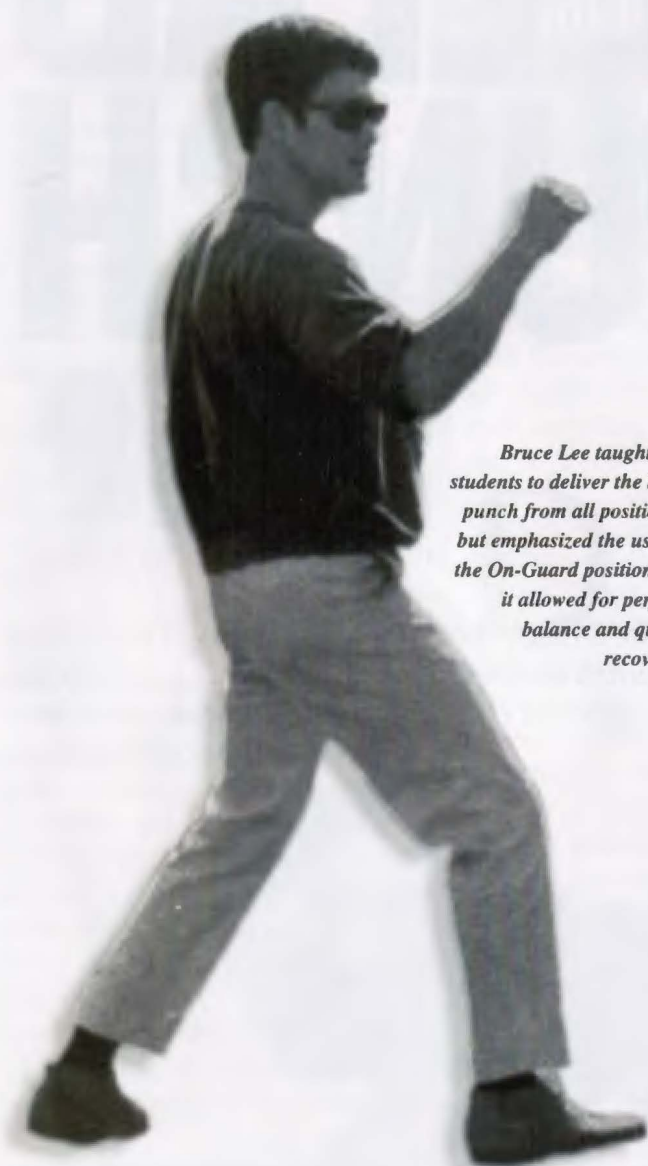


By Bob Bremer & Tim Tackett

The Straight Lead Punch is the most important punch in Jun Fan Jeet Kune Do. It is completely different both in purpose and execution from the boxer's left jab.

Boxing is a ring sport with rounds and a point system. The basic principle is to use the jab as a feeler, or as a minor blow to set up a major one; i.e., jab to straight rear or hook, or to outpoint your opponent. And many boxing teachers that we've worked with teach the jab differently. For example, our friend Bert Poe taught a heavy (uncrispy) jab, while other boxing teachers have shown us a loose, snappy (crispy) jab. Whichever jab was taught, however, it was still done with the weak hand with the rear hand lying in wait as the power hand.

THE LEAD PUNCH



Bruce Lee taught his students to deliver the lead punch from all positions, but emphasized the use of the On-Guard position, as it allowed for perfect balance and quick recovery.

A basic tenant of Jun Fan Jeet Kune Do is to have your "power hand" forward. Why is this? Bruce Lee writes in his notes that there is a good chance that you will run into a bigger, stronger opponent so you can not give him time to use his strength against you. The basic idea of our art is to develop your tools to a high level, to cultivate them to such a great extent, that you can take out any opponent with a few well timed, powerful punches or kicks. One of the basic blows to take an opponent out with is the Straight Lead Punch.

STRAIGHT LEAD PUNCH PRINCIPLES

1. It is a powerful punch that gets its power from using the entire body, not just the arm.

2. It is a snappy, long range punch that uses the elbow to get the snap.

3. It is a punch that penetrates only two inches through the target while still hitting with a snap. If you penetrate more than two inches your punch will lose power as you will be pushing instead of hitting with power.

4. Because of number 3 above, distance is a crucial element and must be trained over and over. It should be trained from three different distances:

- **STATIONARY:** You don't move forward. The power starts with a powerful twist of your coiled rear foot.

- **ADVANCE WITH LEAD STEP:** The distance is such that the two inch penetration is obtained by taking a step forward with the front foot while your rear foot doesn't move forward. Remember to hit a split second before your front foot touches the ground.

- **PUSH SHUFFLE (THE BURST):** Hit while thrusting your entire body forward. The power comes from the coiled rear foot pushing off. Again, your front foot does not make contact with the ground until your fist hits the target.

When training, you should vary the distance so you can hit the target with a two-inch penetration without the slightest hesitation. Work it so much that you can hit at the proper distance without thought. The only way you can do this is by constantly varying the distance while training. Really work the hell out of it, and remember it's daily *decrease* not daily *increase*. Here are a few of the drills you can use to help perfect the straight lead punch.

1. DETERMINING OPTIMUM FIST ALIGNMENT

If you want to find out which angle of the fist is stronger try the following experiment. Have your training partner push on your fist as you hold it as if you've completed a punch with the following three angles:



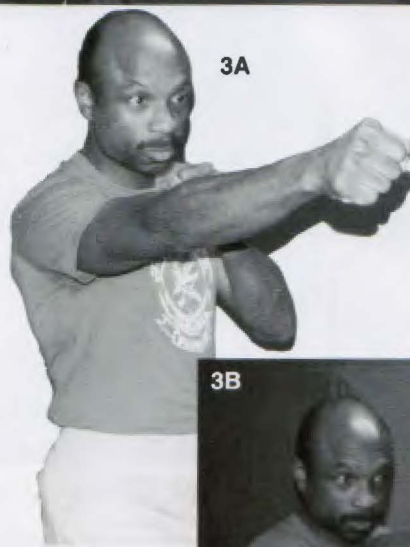
• **HORIZONTAL**
(like a boxer's jab)
(Figs. 1-A & B)



• **VERTICAL**
(like a Wing Chun Punch)
(Figs. 2-A & B)

What this experiment will show is that the horizontal punch is too weak to generate a Straight Lead Punch with knockout power. While the vertical fist is much stronger than the horizontal one and should be used for any punch that cuts into the tool (sliding leverage) or the "one-inch punch," the diagonal fist is stronger. Bruce Lee said that the diagonal fist is best for the Long Range Straight Lead Punch because it protects the wrist and the bones in the hand, that is to say, that the wrist and arm line up better. But don't take our word for it — try it for yourself.

Continued on page 77



• **DIAGONAL**
(Figs. 3-A & B)

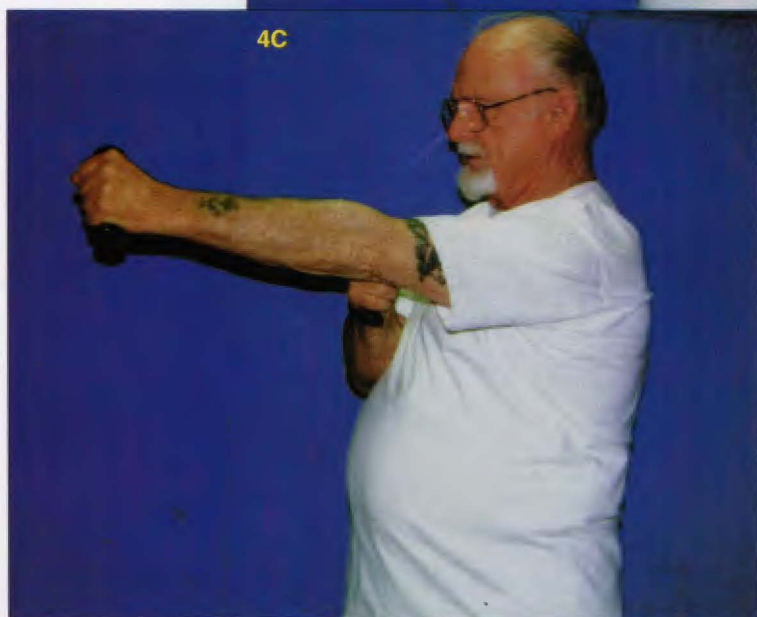
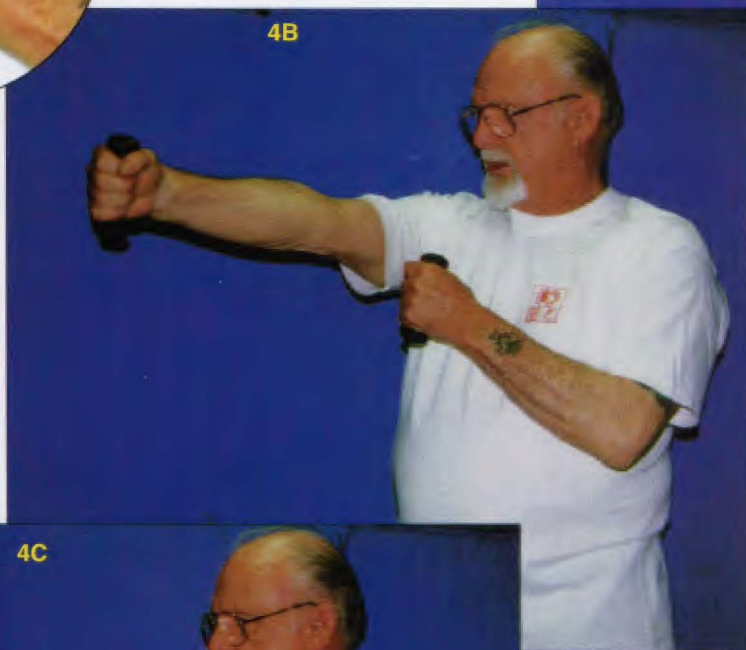
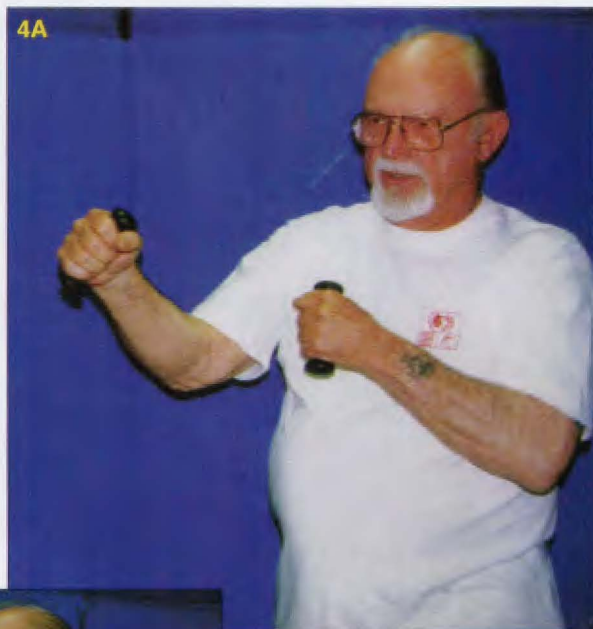


THE LEAD PUNCH

Continued from page 27

2. WORKING WITH ONE-POUND WEIGHTS.

To get the feel of the elbow extension which gives you the snap needed for real knockout power. Bruce Lee recommended taking a few (no more than five punches per arm) full power punches with very light (no more than one-pound) weights. After punching with the weights, try a few punches in the air without them and see if you can capture the same feeling. (Figs. 4-A, B & C)



THE LEAD PUNCH



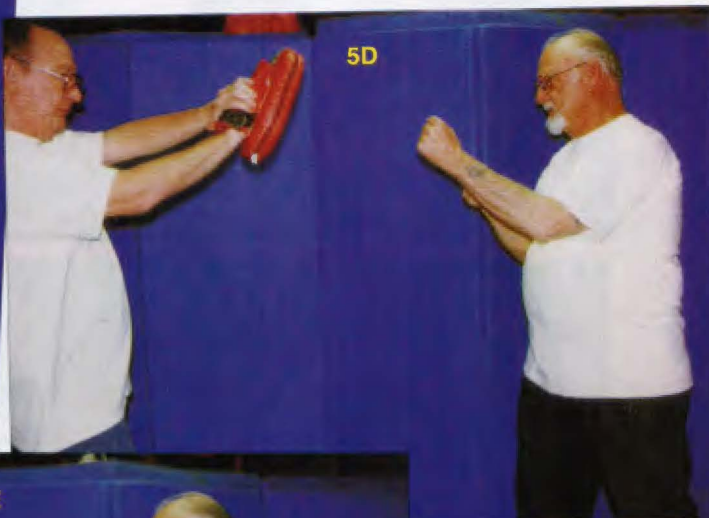
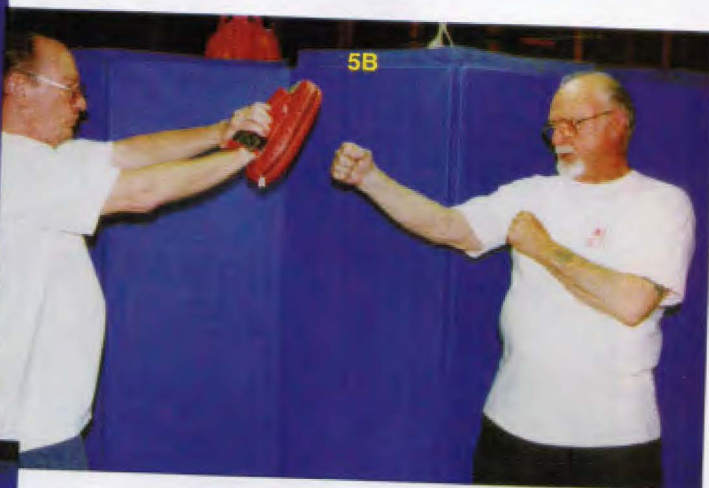
This is probably the only martial art group in the world that has more teachers than students. Pictured here are the gang who take part in the Wednesday-Night-Workouts in Sifu Tim Tackett's garage. From left to right: Jeff Taylor (student), Jim Sewell (original member of Bruce Lee's Chinatown school and Wednesday night teacher), Sifu Tim Tackett, Barry Dixon (a JKD instructor under Tim Tackett) and Dennis Blue (a JKD instructor under both Bob Bremer and Tim Tackett)

3. STATI
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3. STATIONARY PUNCHING WITH A FOCUS GLOVE.

When punching the focus glove concentrate on hitting with full power and snapping through the target with a two-inch penetration. This “snap” is achieved with the straightening of the elbow. We realize that many martial artists say that you should never straighten your arm completely when you punch at an opponent as you run the risk of hyperextending your elbow. However, when Bruce Lee was asked about this, he said that he never — ever — found a person who could block his punch — let alone break his punching arm! (Figs. 5-A, B, C, D & E)

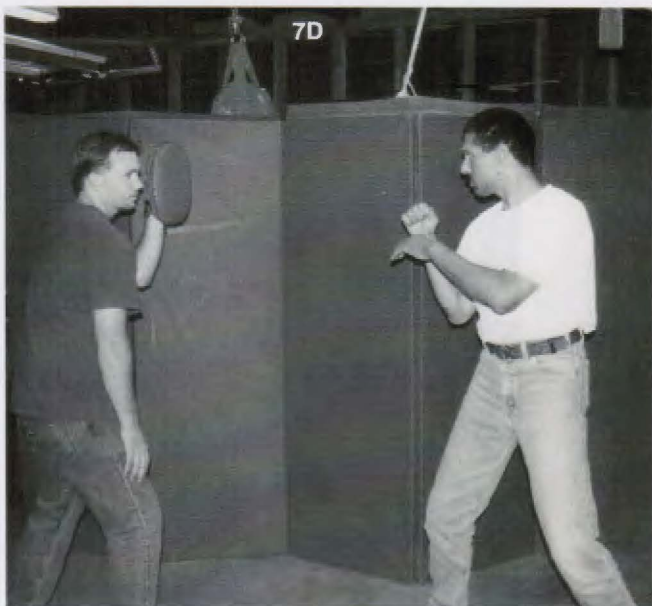
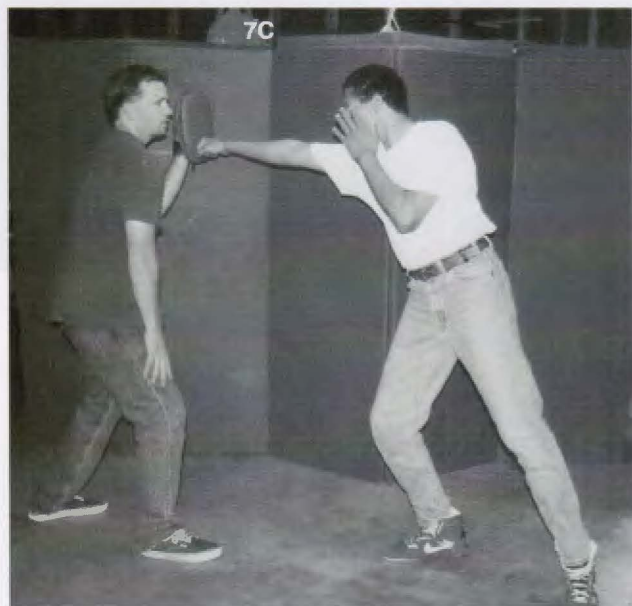
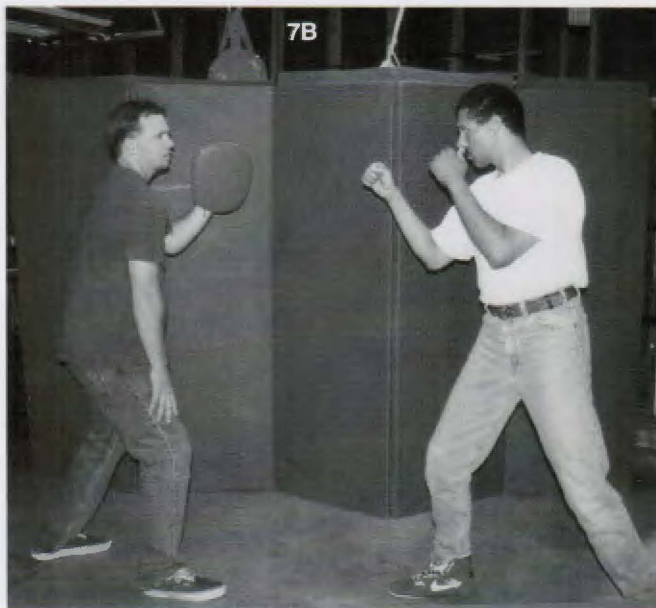
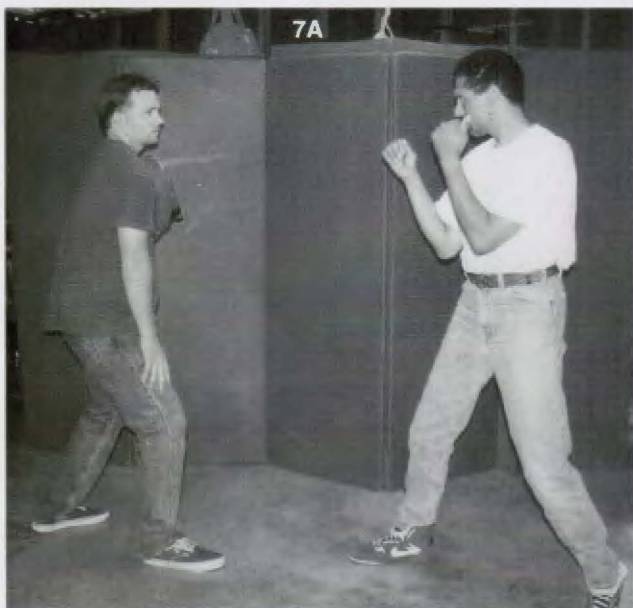


THE LEAD PUNCH

4. FOCUS GLOVE SERIES: A SAMPLE LESSON

Flash The Target

The trainer keeps the focus glove on his chest. As soon as he flashes the target, you hit — then quickly recover. (Figs. 7-A, B, C & D) Note: Make sure that the trainer uses broken rhythm in flashing the gloves.



Awareness Drill

You hit as soon as the trainer raises his finger. (Figs. 8-A, B, C & D)



Intercepting Distance Drill

Hit as soon as your trainer steps forward (you should be able to hit him before he finishes his forward step). (Figs. 9-A, B, C & D)



THE LEAD PUNCH

Retreating Distance Drill

Hit as soon as your trainer steps back with his rear foot. (Figs. 10-A, B, C & D)



Mix The Above

5. The 4-Corner Series

Series A

- High Jab
- Outside parry and hit (Fig. 11)

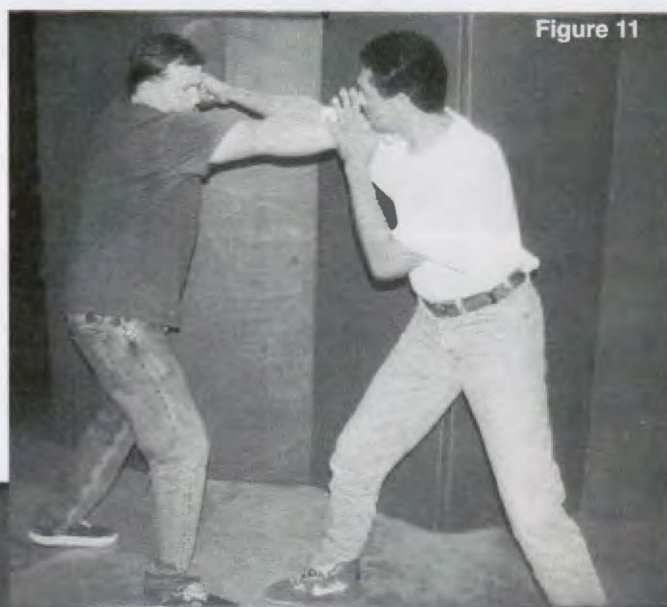


Figure 11

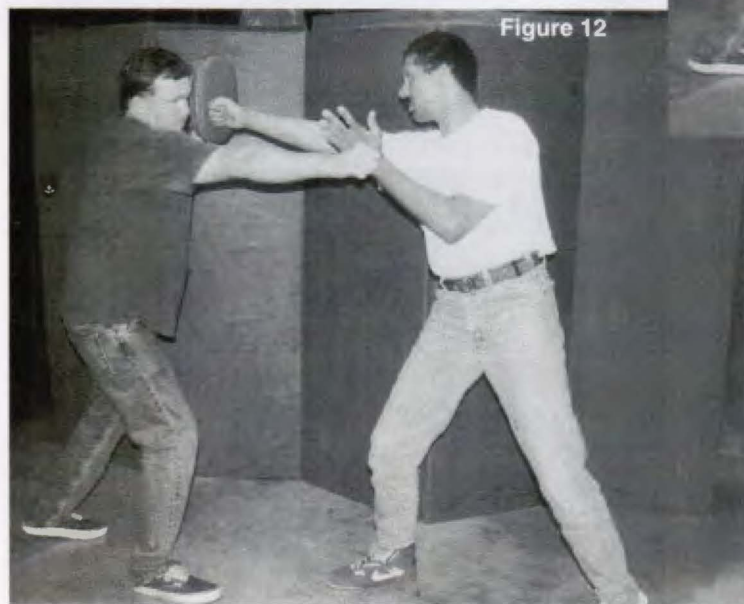


Figure 12

Series B

- High Jab
- Inside parry and hit (Fig. 12)



Many Jun Fan Jeet Kune Do techniques turned up in Bruce Lee's films. Here he delivers the Straight Lead Punch to the jaw of Korean martial artist Chi Hon Tsoi.

Series C

- Low jab to your right side
- Downward parry and hit (Fig. 13)

Figure 13



Series D

- Low jab to your left side
- Low hooking parry and hit (Fig. 14)

Series E

- Mix A, B, C & D above

Figure 14



These are just a few of the training methods for the Lead Punch. Jun Fan jeet Kune Do is based on the idea of doing a few things well. Since JJFKD is based on an *instant* response to a stimulus, and a human being has only so many neural pathways, this is the main reason for the JFJKD principle of daily decrease. But to keep a student's interest up you should have as many interesting and fun drills as possible. Be creative. Figure out what attribute you want to work on and create a drill for it. For example, drills 4C and 4D above are drills to obtain the proper distance as well as awareness. If you discover a good drill, feel free to share it with us. ●

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